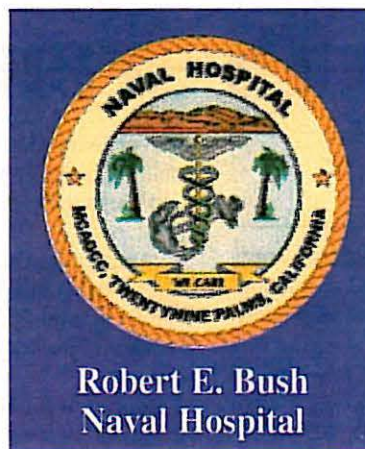




Lt. Michael Chester, hospital Chaplain takes the oath during his recent promotion ceremony. See Hard Chargers on Page 4.



Robert E. Bush
Naval Hospital

Navy Medical Corps established on March 3, 1871.

Happy Birthday Navy Physicians!

For other Navy Medicine Historical Facts... see page 5



www.nhttp.med.navy.mil

Former Dietician to Stars Now Advises at Naval Hospital

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

March is Nutrition Awareness Month and the head cheerleader at the Robert E. Bush Naval Hospital for Nutrition is Elaine Grossman, M.S., R.D., L.E., and the hospital's expert in Nutrition and former Dietician to Hollywood celebrities.

Grossman is highly qualified to advise patients, and sometimes hospital staff, when she catches them buying sugary snacks from the Ship's Store, on the value of good nutrition. She has a long list of accomplishments which include published books and articles in leading publications, lecturing and guest appearances on local, regional, and national television talks shows, and news segments dealing with nutrition. In addition, she was the Registered Dietitian for the 1993 Miss USA Pageant.

Prior to coming to work here, Grossman was the owner of a private consulting firm in Beverly Hills, Calif., dealing in issues and problems of nutrition. She provided nutrition and diet consultation services to individuals, who included celebrities, (names withheld due to privacy rights), private food manufacturing companies, hospitals, physicians, schools, and community agencies.

Examiner Welcomes New Columnist

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital



Coming in April the Examiner will be welcoming a new columnist, Lt. Catherine Durham, NC, MSN, FNP (formerly O'Connor) a Family Nurse Practitioner in the Robert E. Bush Naval Hospital's Primary Practice Clinic.

The "Medical Minute" will be a new col-

Please see COLUMNIST on page 7



Grossman originally hails from Chicago, Illinois where she attended Jones Commercial High School... she claims that she can't remember when she graduated, "It was so long ago." Grossman started working when she was 14, and that work ethic continued through her undergraduate and post-graduate study, so there wasn't much time for any extracurricular activities.

When asked about her philosophy for a healthy life? Grossman stated, "Dance as if no one is watching, sing as if no one is listening and live every day as if it was your last." She added, "I must admit that I don't always live my life that way, but I am always happier when I do."

Grossman is attempting to add to her extensive life experiences by learning how to paint. She also enjoys reading, "When not picking up my son, Adam, and taking him from one place to another." She added, "Wherever his busy life leads him, leads me as well."

Call Central Appointments at 830-2286 for information on how to book an appointment with Elaine Grossman.

Inside...

Young children are poisoned most commonly by things in the home such as: drugs and medications, cleaning products, plants, cosmetics, pesticides and paints and solvents. In fact, iron medications are one of the most common causes of poisonings in children under age 5. *page 2*

The Surgeon General of the Navy confirmed that the medical record is the property of the Government and has instructed all MTFs to implement a "closed medical record system" *page 3*

Over the years, the Navy has established several programs to make attaining a commission easier. One such program is the Medical Enlisted Commissioning Program (MECP). *page 5*

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Here's to Your Health...

March is Poison Prevention Month

Martha Hunt, MA, Health Promotions Coordinator
Robert E. Bush Naval Hospital

Young children are poisoned most commonly by things in the home such as: drugs and medications, cleaning products, plants, cosmetics, pesticides and paints and solvents. In fact, iron medications are one of the most common causes of poisonings in children under age 5.

Young children put all sorts of things in their mouths. This is part of learning and exploring their environment. Not only are medicines a risk to your kids when they are taken improperly, but many household products can also be poisonous if swallowed, come into contact with the skin or eyes, or if they are inhaled.

Here are some simple safety rules to help you keep your kids safe. Keep harmful products out of your child's sight and reach. Take extra care during stressful times when your attention may wander to dinner, guests, or other distractions. An instant of inattention can lead to a lifetime of grief. Also be careful when visiting friends and family who may not have a 'child proof' home. This includes sitters, grandparents or anyone else who do not have children of their own in the home.

Never call medicine "candy". Kids will think that any pill is candy and fun to eat. Buy medicine and household products in childproof packages. A moment of inconvenience for an adult to open the package can save a child's life. Always replace the safety caps immediately after use.

Certificate of Creditable Coverage Issued For Persons No Longer Eligible For TRICARE

As of Feb. 1, 2004, the Department of Defense Military Health System automatically began issuing a Certificate of Creditable Coverage to any former uniformed services sponsor or family member who loses eligibility for health care benefits under TRICARE.

Eligibility for TRICARE may end as a result of a sponsor's separation from active duty status, divorce, and demobilization if the sponsor is a member of the National Guard or Reserves, or a dependent child reaching age 21 (23 for full-time students).

For persons no longer eligible for TRICARE, the certificate serves as proof of previous health care coverage and limits the time another health care plan may exclude them from participating in a health care plan due to a preexisting medical condition.

The Defense Manpower Data Center Support Office (DSO), as custodian of the Defense Enrollment Eligibility Reporting System (DEERS), will mail a certificate for the sponsor or family member within 5 to 10 days after eligibility has been lost. As long as a current address is on file in DEERS, members may expect to receive the certificate within 30 days.

Sponsors or family members needing to expedite receipt of a certificate may mail or fax a request to the DSO. The request should include the sponsor's name and Social Security number, name of family member(s) for whom the certificate is needed, reason for the urgent request, name and address of the person or organization where the certificate should be sent, and finally, signature of the requester.

The request may be faxed to the DSO at (831) 655-8317 or mailed to Defense Manpower Data Center Support Office (DSO), Attn: Certificate of Creditable Coverage, 400 Gigling Road, Seaside, CA 93955-6771.

Sponsors or family members who have questions regarding the certificate may contact the DSO at (800) 538-9552, or TTY/TDD at (866) 363-2883. Additional information is also available on the TRICARE Web site at www.tricare.osd.mil/certificate/index.cfm.

Never leave alcohol within a child's reach as they can easily overdose on alcohol. Call the Poison Center or your doctor if your child swallows any substance that is not food. Also, keep these telephone numbers by your phone: Doctor, Poison Control Center and local hospital.

Keep products in their containers and never put inedible products in food or drink containers. Read labels with care before using any product so that you are aware of any risks such as splashing or fumes. Teach children not to drink or eat anything unless an adult gives it to them. Do not take medicine in front of small children since children tend to copy adult behavior.

Check your home often for any old medications or substances and discard them. This protects both you and your child from consuming medications that may have gone bad with age. Discard anything used for old-fashioned treatments such as oil of wintergreen, boric acid, ammoniated mercury, oil of turpentine, and camphorated oil as they rarely do what granny told you did and they are a poisoning risk. Also, be alert for repeated poisonings as children who swallow a poison are likely to try again within a year.

Children can get very sick if they come in contact with medications, household pesticides, chemicals, cosmetics, or plants. This can happen at any age and can cause serious reactions. However, most children who come in contact with poison are not permanently harmed if they are treated right away.

If you think your child has come into contact with any medicine or poison that they should not have, call the California Poison Control center at 1 (800) 876-4766 or dial 911 and describe the nature of the emergency. You will need to tell the health care provider everything you can about your child such as age and weight and what they may have eaten. Save any wrappers or bottles to help with identifying the poison.

A few minutes of cleaning out old medications, securing the current medications and locking up any solvents or cleaning solutions can save a lifetime of grief and suffering.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Robert E. Bush Naval Hospital Announcements

Turn in your medical record to Naval Hospital

The Surgeon General of the Navy confirmed that the medical record is the property of the Government and has instructed all MTFs to implement a "closed medical record system". Last year the Robert E. Bush Naval Hospital implemented its closed medical record system.

Benefits of the closed medical record system for you and your dependents:

- * Records are kept secure and you will never have to worry about them
- * Records are always available when needed (example: ER visits)
- * There is less chance that records will be lost
- * Ensures that information in the records are kept current
- * Ensures appropriate medical care
- * Ensures quality and continuity of care
- * Ensures proper documentation of the diagnosis, treatment, & condition
- * Ensures better communication with healthcare providers

Remember, all active duty and their dependent(s) that receive primary care at NHTP are required to turn over custody of their medical records to the Outpatient Records Department prior to their scheduled appointment. This ensures that the records are maintained as required in the closed system and available to the primary care managers/ providers. Contact for further information: Outpatient Records Dept at 830-2322.

National Diabetes Alert Day

Health Promotions of Naval Hospital Twentynine Palms will be at the main exchange Thursday, Mar. 15, from 11 a.m. to 4 p.m. to hand out health information regarding National Diabetes Alert Day as well as to offer blood pressure screenings. For more information contact Health Promotions at 830-2814.

Diabetes Self-Management Class

There will be a Diabetes Self-Management Class at the Robert E. Bush Naval Hospital in Classrooms 1 and 2 on Apr. 20, from 8 a.m. to noon.

Eligible beneficiaries newly diagnosed with diabetes or if you need updated or ongoing diabetes information/education should plan to attend.

Topics covered will include Diabetes basics, nutrition, potential complications, emotional aspects, and exercise.

For more information or to sign up, please call the hospital's Outpatient Services at 830-2752 or ask your health care provider for a referral or call Lt. Julie Lundstad at 830-2175.

March Smoking Cessation

Start the New Year off right! Kick the habit and learn to become tobacco free! The Naval Hospital Health Promotions Program offers tobacco cessation classes in the hospital. Classes are offered at two convenient times of noon and 5:30 p.m. To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start on Mar. 16. Call now before it all goes up in smoke!

Sibling Preparation for a New Baby

Robert E. Bush Naval Hospital will be offering a Sibling Preparation Class on Saturday, Mar. 6, from 10 a.m. to noon.

This class is designed to help children of expectant families prepare for the role of big brother or big sister. Geared toward children ages 3-years and up, pre-registration is requested and can be done by calling Outpatient Services at 830-2752. The class is located in classrooms 1&2 in the Naval Hospital. For more information, please call Lt. Cmdr. Marjorie Alexander at 830-2771 or Lt. Cmdr. Nicole Polinsky at 830-2258.

Critter de Jour!

Dangerous Creatures of Morongo Basin

Martha Hunt, MA, Health Promotions Coordinator
Robert E. Bush Naval Hospital

Most of the dangerous creatures of Morongo Basin have been tucked away hibernating for the last few months. However, as spring is quickly approaching, the desert and its creatures will be re-awakening to begin the cycle of life again.

If you have been in Twentynine Palms for a while, some of these may not be so scary anymore. If you are new to Twentynine Palms, you think that everything that crawls, slithers, creeps or flies is going to either kill you or leave you maimed for life. Here is a brief overview of some of these critters, which in the end are not so scary after all when you learn how to avoid them.

The best form of critter prevention is to stay away from them, to eliminate all inviting, homey spots around your home such as piles of lumber and debris, and to seal all cracks and crevices that they can use to crawl into your home.

Most critters, either poisonous or semi-poisonous, prefer nice dark, quiet, undisturbed places such as out buildings, wood or debris piles, closets, attics, etc. and they usually only wander out of these spaces when they are hungry. In fact, most critter/ human contact is purely accidental on both parts, resulting in the critter biting out of fear.

The two scariest spiders in this area are the Black Widow and Brown Recluse spiders. While it's correct that there are no true Brown Recluses here in Morongo Basin, their first cousins live here, and at first glance can be mistaken for a true Brown Recluse. This cousin of the BR also causes necrotizing bites and so should also be viewed as potentially dangerous. A necrotizing bite is a bite that doesn't heal and continues to fester and spread from the original bite spot.

Spider and scorpion bites are rarely fatal, and when handled properly, can be easily treated as well. Black Widow bites and scorpion stings feel like a pin-prick and progresses in pain and swelling until the whole area is red, warm, and swollen. The pain may spread to other parts of the body and symptoms may also include nausea, sweating, convulsions and, in rare cases, death.

The only people seriously at risk from Black Widow bites and scorpion stings are the very

young or old and those individuals with compromised immune systems. If you are bitten or stung, call your health care provider or poison control number immediately and seek help.

A bite from a Brown Recluse may go unnoticed for several hours before turning red, swelling and beginning to blister. On rare occasions, a severe bite from a BR can cause the skin to not just blister up, but to die back and leave an open sore. Healing may take a month or longer and may leave a scar where the sore was. As with the Black Widow bites, BR bites should be promptly treated to prevent further health risks.

Regarding snakes, don't tease snakes! They bite to defend themselves and the snake usually ends up paying for your teasing with its life. It has been estimated that as many as half

Please see DANGEROUS CREATURES on page 1

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Hard Chargers...



HM3 Kari Riggs, of the hospital's Pediatrics Clinic receives an Honorary Desert Rat Certificate upon her departure from the command. Riggs is heading off for advanced training in Dermatology.



Lt. Michael Chester, hospital Chaplain takes the oath during his recent promotion ceremony.



HM3 Linsey Elliott of the Emergency Medicine Department, receives her Junior Sailor of the Year plaque from CMDCM Stephen Mitchell, Command Master Chief, Robert E. Bush Naval Hospital. Elliott was named Junior Sailor of the Year for both the Naval Hospital and the Marine Corps Air Ground Combat Center.

Nurse Corps Offers Commissioning For Enlisted

By Chief Journalist John Harrington, Navy Recruiting District New York Public Affairs

MANHATTAN, N.Y. (NNS) — Over the years, the Navy has established several programs to make attaining a commission easier. One such program is the Medical Enlisted Commissioning Program (MECP).

MECP is a commissioning program for those already in the Navy. It gives qualified enlisted men and women from all ratings a chance to earn an entry-level nursing degree followed by an appointment as an Ensign in the Nurse Corps.

Those accepted into the program receive full pay and benefits of their current pay grades while going to school in pursuit of a Bachelor's Degree in Nursing (BSN). MECP students may use their Montgomery G.I. Bill, as well as other outside financial assistance, to pay for schooling.

One successful graduate of the program, Jill Griffin, pinned on her Ensign bars Dec. 22 in Times Square, New York. Griffin, who has been in the Navy for six years, learned of the program while serving at Naval Hospital, Keflavik, Iceland, as a Hospital Corpsman 3rd Class. While package preparation for the program can be intense, Griffin feels it is something that career-minded Sailors should consider doing.

"I had a lot of support from the officers around me, encouraging me to apply for the program," said Griffin. "It's pretty time consuming putting everything together, but it's definitely worth it. If you give a little time and just try, everything is open to you."

Applicants must be U.S. citizens and have completed at least 30 semester hours, or 45 quarter hours, of undergraduate courses accepted for transfer toward a bachelor's degree with a cumulative grade point average of 2.5 on a 4.0 scale. Applicants must also have taken the SAT within the past three years, with a recommended score of 1,000 to be competitive.

For more information on MECP, consult OPNAV 1420.1A or see your command career counselor.

Lt. Erika McQuaid takes a blood sample from a patient who is recovering from a viral infection. Lt. McQuaid is a Registered Nurse assigned to the Intensive Care Unit (ICU) at U.S. Naval Hospital Guam. U.S. Navy photo by Photographer's Mate 2nd Class Nathanael T. Miller.



This Month in Naval Medicine's History

By Andre B. Sobocinski, Assistant Historian, Bureau of Medicine and Surgery

March 3, 1903 - Congress appropriated \$125,000 for construction of a new Washington Naval Hospital on the campus of the Old Naval Observatory in Foggy Bottom, currently the home of the Bureau of Medicine and Surgery. The renowned architect Ernest Flagg, famous for such buildings as the Singer Building and St. Luke's Hospital in New York, is hired to design the new facility.

March 4, 1920 - Keel for the 10,596-gross-ton ship BLUE HEN STATE is laid in Camden, N.J. Over the course of its career the BLUE HEN STATE would have many names - the PRESIDENT GARFIELD, PRESIDENT MADISON, KENMORE, and most notably, the World War II hospital ship named USS REFUGE (AH-11).

March 18, 1943 - Hospital ship USS COMFORT (AH-6) was launched in Wilmington, Calif. She is the second Navy hospital ship to bear this name and the only one to be hit by a Japanese kamikaze plane. On April 28, 1945, six nurses, six doctors, nine enlisted men and seven patients were killed in an attack off Okinawa.

March 6, 1945 - Navy flight nurse Jane Kendeigh arrives in Iwo Jima. She is acknowledged as the first flight nurse to serve in a combat zone.

March 15, 1946 - The U.S. Naval Institute of Tropical Medicine is created in Guam, Marianas Island.

March 27, 2002 - Chief Hospital Corpsman Mathew J. Bourgeois, a Navy SEAL, is killed while conducting small-unit training at a remote site near Kandahar, Afghanistan.

March 25, 2003 - Hospital Corpsman 3rd Class Michael Vann Johnson is killed in action in Iraq.

Infant/Child CPR Class Offered Monthly

As part of this hospital's Family Centered Care initiative, an Infant/Child CPR class is being offered to all military families.

This free class will be held Saturday, Feb. 28, in the hospital's classrooms 4 and 5, from 9 a.m. to 2 p.m. "You never know when you might need to use this useful lifesaving measure," said Lt. Cmdr. Meggan McGraw, proud parent and Nurse Manager of the hospital's Desert Beginnings Maternity Unit.

Parents or caregivers with children of any age are encouraged to take this class. The American Academy of Pediatrics indicates that every parent should be prepared to deal with a child in need of emergency medical services. Part of this preparation includes learning CPR and basic first aid.

For more information about this free Class, or to register for the class, please call HM1 Ubaldo Llanos at 830-2336 or 830-2944.

Life's Lesson...

One of life's mysteries is how a two pound box of candy can make a person gain five pounds.

Naval Academy's Future Doctors Meet Surgeon General

By Lt. John Schofield, Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) -- The Navy Surgeon General visited the U.S. Naval Academy (USNA) Feb. 6 for the annual Service Selection Night, meeting the midshipmen of the class of 2004 who were selected for direct accession to the Medical Corps.

Vice Adm. Michael Cowan talked with the 14 midshipmen selected for the program. He congratulated them on the hard work and dedication they showed to be chosen for such a competitive community.

"These kids are the best of the best," said Cowan. "The future of Naval Medicine is certainly in good hands with students and leaders like them entering the field."

Characterizing these midshipmen as the "best of the best" recognized their accomplishments to date. The 14 selectees are all in the top quarter of the class of 2004, and six are ranked in the top 15 of the class, including the second- and third-ranked midshipmen overall in the student body of more than 4,000.

"The midshipmen who vie for the slots set aside in each graduating class for the Medical or Dental Corps are quite special," said Dr. Fredric I. Davis, Associate Dean for Academic Affairs at the Academy. "They are truly excellent students with grade point averages usually above 3.60. In the current Class of 2004, several have perfect grade point averages."

"These midshipmen have records that show considerable involvement in volunteer organizations, including weekend work at hospitals," said Davis. "Many have held leadership positions within the Brigade of Midshipmen, and compete in sports at the varsity level."

Service Selection Night at the Naval Academy celebrates the senior class' selection of their communities where they will begin their service upon graduation and commissioning in May. Midshipmen typically are selected for the main warfare communities of the Navy - Surface Warfare, Submarine Warfare, Aviation and Special Operations/Warfare - and the Marine Corps.

The selection for these communities is based primarily, but not solely, on grade point average, class rank and leadership/military performance. Midshipmen who performed at a particularly high level academically, militarily and professionally are eligible for non-traditional service selection choices, like Medical Corps and other graduate school programs.

Midshipmen entering the Medical Corps will attend medical school at an institution of

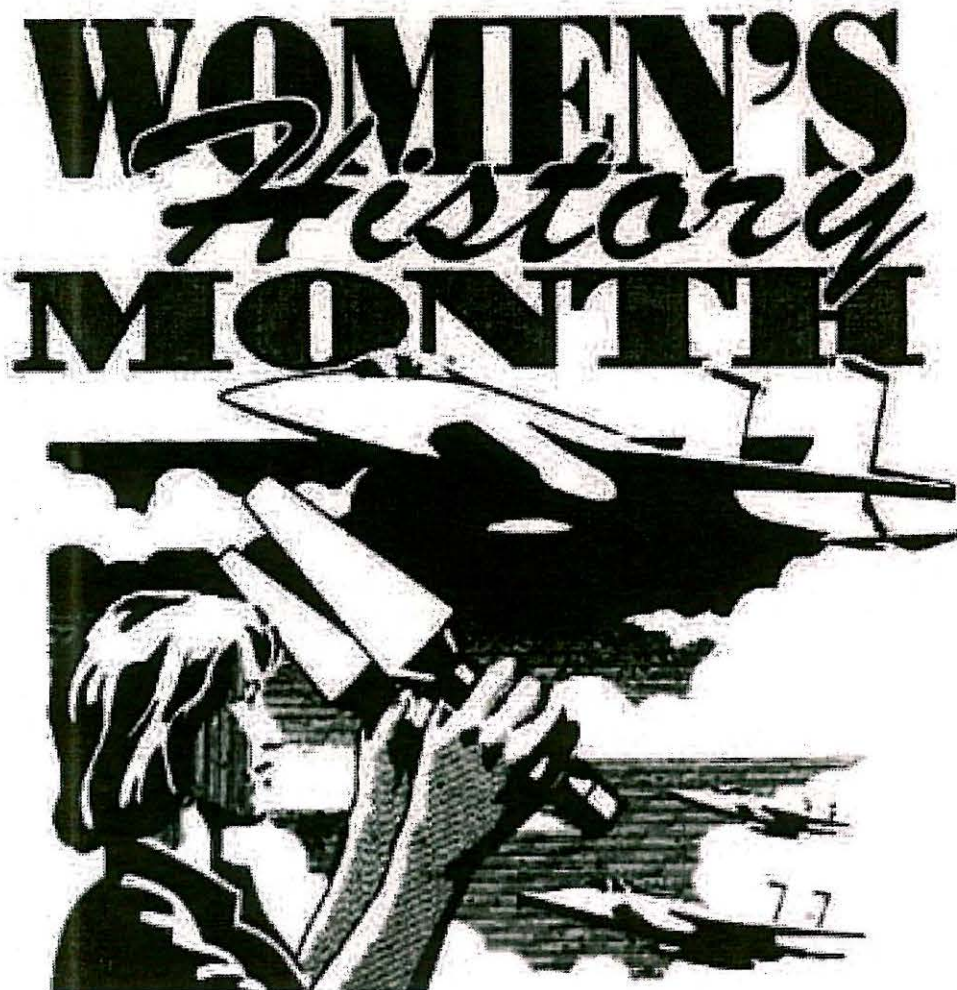
their choice, and acceptance to a medical school is a prerequisite for selection to Medical Corps.

Midshipman First Class Jeanne Cameron, ranked 12th in the class, attributed her selection to her performance. "I knew that trying to get Medical Corps through USNA would be a difficult path, but I was confident that if I wanted it badly enough, I would put in the necessary effort and make it happen," she said. "Becoming a doctor is something I've wanted to do for as long as I can remember. I chose to go into the Navy because I wanted to become a flight surgeon and work directly for the people putting their lives on the line on a daily basis."

Capt. Sharon Wallace, a flight surgeon and currently the executive officer of Navy Medical Clinic Annapolis, was primarily impressed with the work ethic of the midshipmen. "It was a delight to meet these individuals. They are incredibly bright, hard-working and pleasant," she said. "These are young people who are excited about the future and want to pursue all of the wonders the Navy has to offer. They're going to have the time of their lives, and they're going to be good doctors."

Cowan relished the opportunity to answer questions from the midshipmen about medical specialties and career paths, but most importantly, the future of Naval Medicine.

"We have been successful, and we have opportunities for continued success in providing health care, protecting our Navy and Marine Corps forces, and protecting our citizens throughout the country," said Cowan. "We are not successful for any unusual merit of our own - we are standing on the shoulders of giants. Our predecessors have put us in a position where success is possible. In turn, our work will pave the way for the next generation's successes. These 14 men and women will be tasked with ensuring those successes."



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DANGEROUS CREATURES...

Continued from page 3

of all snakebites are provoked by humans purposely scaring the snakes. Of those bites that are not provoked by people, most are below the knee and half are dry (meaning that no venom was injected).

A good rule to follow in Morongo Basin is – 'if it rattles, it's poisonous'. Snakes who do not have rattles in Morongo Basin are either non-poisonous or semi-poisonous (they'll just make you ill if bitten, not kill you).

If a snake bites you or someone you are with, seek medical help **immediately!** Keep the victim calm and do not try to suck the venom from the wound. Snakebites are rarely fatal, but ALL snake bite victims need medical assistance!

Remember that the best way to avoid the dangerous creatures of Morongo Basin is to avoid them. Clean up the debris in your yard and get rid of those comfy hiding places that they live in. Seal all openings to your home and watch where you walk in your yard or when hiking. These creatures will try their best to avoid you and they are hoping you do the same as well.

COLUMNIST...

Continued from page 1

umn to provide a forum for the discussion of frequently asked questions, common medical concerns or problems and the reinforcement of "tips" for healthy living. Additionally, the column will offer essential information regarding clinic business and schedules.

Durham earned her Bachelors of Science in Nursing degree from Purdue University in West Lafayette, Indiana in 1995 and her Master's of Science in Nursing-Family Nurse Practitioner from the University of South Carolina at Columbia, South Carolina in 2003.

In 2003, Durham reported to the Naval Hospital where she has been a welcome member of the staff. She started her Navy career in August 1995, right after graduating from college. Since then Durham has seen duty at Portsmouth Naval Medical Center at Portsmouth, Virginia, Marine Corps Recruit Depot, Branch Medical Clinic, Parris Island, South Carolina, Beaufort Naval Hospital in Beaufort, South Carolina, and prior to reporting here, as a student at the University of South Carolina.

In addition to her duty as a Family Nurse Practitioner, Durham has staff nursing experience in Post-Anesthesia Care, Intensive Care, Medical-Surgical and as a Division Officer.

Durham, who is married to Marine Captain Michael A. Durham, names Fairfax, Virginia as her hometown, but graduated from Northrup High School at Fort Wayne, Indiana in 1995. In high school, Durham played Varsity Basketball. At Purdue University she was active in a social sorority, and nursing organizations.

When asked, why did you choose to join the Navy? Durham stated, "I have a family history of Naval service and desired a varied Nursing career with room for further education and training." Durham's leadership philosophy is, "Lead by example and reward hard work." Durham lives by her philosophy with hard work, her long-term goal is to achieve a Doctorate or PhD. She enjoys her job here because; "This hospital and staff demonstrate a daily commitment to care of active duty, dependents, and beneficiaries and does so in a positive, sympathetic, and effective manner."

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Physical Evaluation Board Info Provided at Meeting

A team of senior members of the Navy's Physical Evaluation Boards section will provide an educational site visit to Naval Hospital Twentynine Palms March 18.

Major George Opria (OIC-PEB) will arrive with the current President of the PEB as well as the prospective President who will be replacing him.

During their visit they will present facts and field questions regarding the Physical Evaluation Board process.

Medical Officers, Marine Corps unit Executive Officers, Personnel Officers, First Sergeants and Sergeants Major are encouraged to attend.

The information provided by Opria will allow medical officers to more effectively dictate medical boards and commands will be briefed on the best way to submit Non-Medical Assessments.

Timelines will also be a topic for discussion so that commands will have a much better idea of how long the process takes to complete.

This is an excellent educational opportunity. All units aboard the Marine Corps Air Ground Combat Center as well as Naval Air Weapons Station China Lake are encouraged to clear their calendars and send their representatives.

This PEB program will run from 1 to 4 p.m., in classrooms 4&5 at the Robert E. Bush Naval Hospital.

For more information or to RSVP contact Mr. Rick DeLuna at (760) 830-2031 or DSN: 230-2031.

• • • • •

Depression and Pregnancy Workshop

• Every Thursday in the Behavioral Health Clinic

• Conference Room of the Robert E. Bush Naval Hospital from 12:30 to 2 p.m.

• For more information call 830-2584 or 830-2935

• • • • •

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Classroom 3 (behind Family Practice Clinic)
Every Monday 10 a.m. -noon
Breast Education Center 830-2501

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